Registration begins April 22; classes begin June 3 unless noted otherwise within class descriptions.

No classes July 4. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (50+ Years). Additional offerings for adults may be viewed in the Adults (18+ Years) section.

Cahill Senior Center

715 West 5th Street 480-858-2420

www.tempe.gov/cahillseniorcenter

The Dennis J. Cahill Senior Center offers a fully-equipped fitness room, computers with Internet access, luncheons, classes, movies and special events for adults ages 50+.

Facility Hours: Monday-Friday, 8:30 a.m.-2:30 p.m.

Fitness Hours:

Monday – Thursday 8 a.m.-8:30 p.m. Friday 8 a.m.-7:30 p.m. Saturday 10 a.m.- 4:30 p.m

Facility Closures: July 4

Weekly Activities

Monday

TCAA Congregate Lunch 11:45 a.m. BINGO* 1 p.m.

Wednesday

New Release Movie 11:15 a.m.

Friday

\$3 Lunch before Bingo 11:30 a.m. BINGO* 1 p.m. *Card sales begin at 12:30 p.m. No Bingo July 4

Please refer to the Roadrunner Chronicle newsletter, or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Advisory Group) for event discounts.

Pyle Adult Recreation Center

655 East Southern Avenue

(SW Corner of Rural and Southern)

480-350-5211

www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults, ages 18 yrs+. Classes and programs for adults are offered through the brochure at this facility; the facility has a multipurpose room, dance room, billiards room, fitness room and six meeting rooms.

Facility Hours

Monday-Thursday 8 a.m.-9 p.m.
Friday 8 a.m.-5 p.m.
Saturday 9 a.m.-4 p.m.
Sunday Closed

Facility Closures: July 4

Retirees of Tempe Advisory (RTA)

The Retirees of Tempe Advisory (RTA) is a group sponsored by the City of Tempe Community Services Department and the Pyle Adult Recreation Center. The RTA advises Pyle staff regarding programs and events for those 50 years and older. RTA membership is \$5 per calendar year, and provides members with discounts on lunches and other special events and activities. To become a member, you must register in person at the Pyle Adult Recreation Center's front desk or at Cahill Senior Center.

Monthly Retiree Activities

Tuesday/Thursday Lunch/Program	11:30 a.m.
Needlewielders Tuesdays/Thursdays	9 a.m1 p.m.
Senior Songbirds meet Wednesdays	9:30 a.m.
Looney Tooner Kitchen Band meets Mondays	9:30 a.m.
Tuesday New Release Movies	12:30 p.m.
Bingo Every Wednesday	1 p.m.
Current Events Discussion Group every Thursda	y 1 p.m.
Various card groups throughout the week	Times Vary
Classic Movie Fridays	12:30 p.m.

Fees for the above programs are minimal and vary by program to cover costs of the program. If you have any questions about any of the programs or classes offered for adults 50+ years, call 480-350-5211 or visit the Pyle Adult Recreation Center's website at http://www.tempe.gov/pyle.

Escalante Senior Center

2150 East Orange Street 480-350-5870 www.tempe.gov/escalante

The Escalante Senior Center is operated by the Tempe Community Action Agency (TCAA). The center offers programs such as AmeriCorps, Health & Wellness, Garden Club, Bingo, Crafts, Readers Theater, Movies, and Water Exercise Program. The senior center and its programs are for guests ages 60 and older. Call 480-350-5872 for more information.

Facility Hours

Tuesday-Friday 8 a.m.-3 p.m.

Weekly Activities

Tuesday - Friday

TCAA Congregate Lunch Noon

Tuesday, Thursday

Bingo 1 p.m. Wednesdays June 5-June 26 & July 10-24 Water Exercise Program TBA

Activities for Adults (50+ Years)

North Tempe Senior Center

1555 North Bridalwreath Street 480-858-6510

www.tempe.gov/northtempe

The North Tempe Senior Center is operated by the Tempe Community Action Agency (TCAA). The Center offers billiards, books, magazines, television, playing cards and a collection of board games. Programming includes luncheons, classes, special events, Bingo and a home-delivered meals program. The senior center and its programs are for guests ages 60 and older. Visit TCAA's Website at www.tempeaction.org

Volunteer Opportunities

TCAA is actively recruiting volunteers to assist with their Home Delivered Meals program. Contact Kathy Flores at the North Tempe Senior Center Front Desk at 480-858-6510.

Facility Hours:

Monday-Friday, 8 a.m.-3 p.m.

Weekly Activities

Monday, Wednesday, Friday

Silver Sneakers 9:30 a.m.

Tuesday, Wednesday, Thursday

Chair Exercises 10:30 a.m. TCAA Congregate Lunch 11:45 a.m.

Tuesday

Bingo (.50 cents per card) 12:30 p.m.

Wednesday

Loteria for Prizes 12:30 p.m.

Tuesday, Thursday

AmeriCorps Fitness 9:30 a.m.

Classes - Participants & Observation:

- · Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

For a list of suggested materials, visit www.tempe.gov/pyle, or the Pyle Center Front Desk.

Acrylic and Oil Painting

Instructed by Donna Levine, this course in acrylic and oil painting includes composition, color theory and basic painting techniques. Class requires additional materials. Please bring materials to the first class. Refer to the class listing below for proper experience level placement (beginning, intermediate, advanced). *No class 7/4, 480-350-5211

35265 50 yrs+Beg. M 6/10-8/12 9 a.m.-Noon Fee: \$60 PAC 35266 50 yrs+Int. W 6/12-8/14 1-4 p.m. Fee: \$60 PAC 35267 50 yrs+Adv. Th 6/13-8/15* 9 a.m.-Noon Fee: \$54 PAC

Crafts and Coffee with Sara

Join us on the third Wednesday of each month for coffee and crafting. Sara Johnson, Program Coordinator, will lead you though a different craft each month. Fee: \$4, 480-858-2420

35451	50 yrs+	W	6/199-10 a.m. CSC
35452	50 yrs+	W	7/249-10 a.m. CSC
35453	50 yrs+	W	8/219-10 a.m. CSC

Drawing; Color/B&W

In this class instructed by Donna Levine, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. Fee: \$60. 480-350-5211

35286 50 yrs+ M 6/10-8/12 12:30-3:30 p.m. PAC

Photography for 50+

This class concentrates on light technique and composition, and takes the mystery out of the terms "shutter speed" and "f" stop as they apply to digital cameras. Instructed by John Berend, a photographer whose work has been collected in over 70 countries. A fancy camera is not necessary. Fee: Below. 480-350-5211

35293 50 yrs+ Sa 6/15-6/29 10 a.m.-12 p.m. \$30 PAC 35294 50 yrs+ Sa 7/13-7/27 10 a.m.-12 p.m. \$30 PAC

Watercolor Painting

Instructed by Donna Levine, the emphasis of this class is on the use of materials as they apply to still life, landscape and portraiture. Class requires additional materials. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. Fee: \$60. 480-350-5211 35307 50 yrs+ T 6/11-8/13 1-4 p.m. PAC

Books & Reading

Check Out a Book

Seniors can visit the Escalante, North Tempe or Westside Community Center Senior Centers and check out a book from the Tempe Public Library Outreach Collection. This collection is always changing. Fee: None.

No Code 18 yrs+ T-F 6/3-8/11 8a.m.-3p.m. ESCA No Code 18 yrs+ M-F 6/3-8/11 8a.m.-3p.m. NCC No Code 18yrs+ M-F 6/3-8/11 9a.m.-3 p.m. WCC

Want to keep a good class going?
Register early!

Business & Computers

Computer Classes at the Cahill Senior Center Join us once a month for a "hands on" computer class designed specifically for seniors. Topics will vary each month and range in skill level from beginner to intermediate. Please call 480-858-2420 for more information.

Meet the Computer

Never tried a computer before? In this course you will get to meet the computer, the keyboard and the mouse, and you will learn what they are and how to use them. No experience is necessary for you to take this relaxed, fun class. Note: If you have never used a computer before, this is an excellent class to take before Introduction to Computers. Fee: None. 480-858-6500

35563 50 yrs+ W 6/12 9-11 a.m. NCC 35564 50 yrs+ Th 6/20 9-11 a.m. NCC

Looking at Windows

Refresh the skills you need to work with the Windows operating system or just learn some simple things about Windows. You will practice resizing and manipulating Windows and rearranging the Desktop, and pick up more helpful tips. Fee: None. 480-858-6500

35565 50 yrs+ W 6/26 9-11 a.m. NCC

Exploring the Internet

Having trouble finding what you need on the Internet? Come to this class and learn the best way to search for the information you want. You will get to try out some search strategies online with plenty of time to practice. Fee: None. 480-858-6500

35566 50 yrs+ T 7/16 9-11 a.m. NCC 35567 50 yrs+ Th 7/25 9-11 a.m. NCC

Facebook/Email for Seniors

Do you want to connect with friends, family or lost acquaintances? We can help you set up a Facebook account or an e-mail account. We will assist you in set up and basics. Fee: None. 480-350-5800 35323 55yrs+ F 6/7-6/21 9:30-11 a.m. WCC 35324 55yrs+ F 7/12-7/26 9:30-11 a.m. NCC





Dance, Music & Theater

Line Dance; Beginning

A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. No partner necessary. Fee: \$39. 480-350-5211

35289 50 yrs+ T 6/4-8/6 1:30-2:30 p.m. PAC

Line Dance; Intermediate

A continuing class for those who feel they have mastered the basics and want more of a challenge. Focus is on rhythms, patterns and styles as you move to the music. Fee: \$39. 480-350-5211

35290 50 yrs+ T 6/4-8/6 2:30-3:30 p.m. PAC

Tap Dance; Beginning

This beginning level class will teach you the basic Tap steps as you put them together to create a fun dance routine. Lots of fun, and great exercise. No class 7/4. Fee: \$27. 480-350-5211 35302 50 yrs+ Th 6/6-8/8 11:15 a.m.-12:10 p.m. PAC

Tap Dance; Intermediate

Get fit while having fun! Learn fundamental Tap technique and steps, and then choreograph them for muscle memory. Start tapping your way to fitness! No class 7/4. Fee: \$54. 480-350-5211 35303 50 yrs+ T/Th 6/4-8/8 9:10-10:05 a.m. PAC

Tap Dance; Performance

Take the fundamental Tap dance technique and steps that you've learned, and now focus on formations and polishing-up routines for performances. Come prepared to have fun. No class 7/4. Fee: \$54. 480-350-5211

35304 50 yrs+ T/Th 6/4-8/8 10:10-11:05 a.m. PAC

Fall Brochure Available August 8

Activities for Adults (50+ Years)

Health & Fitness

Adult Fitness

This is an instructor-led class. The class will feature a small group setting with individual guidance for each participant. *No Class 7/4. Fee: None. 480-350-5800

35279	55 yrs+	M/W	6/3-7/24	Noon-1 p.m.	ESCA
35280	55 yrs+	T/Th	6/4-7/25*	Noon-1 p.m.	ESCA

Aerobic Dance

Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. *No class 6/21 **No Class 6/20, 7/4. Fee: Below. 480-350-5211

35281	50 yrs+	M/W/F	6/3-7/12*	8:05-9 a.m.	\$41	PAC
35282	50 yrs+	T/Th	6/4-7/11**	8:05-9 a.m.	\$24	PAC
35283	50 yrs+	M/W/F	8/5-8/23	8:05-9 a.m.	\$22	PAC
35284	50 yrs+	T/Th	8/6-8/22	8:05-9 a.m.	\$15	PAC

Chair Yoga

Unable to get up and down from the floor? You can still do yoga. Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities. Fee: \$60. 480-350-5211

35285	50 yrs+	W/F	6/5-8/9	9-10 a.m.	PAC

Gentle Yoga

This class will focus on breathing and relaxation techniques that will quiet the mind and relax the body. You will practice the basic Hatha Yoga poses, focusing on those that stretch the muscles and improve balance and strength. Fee: \$50. 480-350-5211 35288 50 yrs+ W 6/5-8/7 10:30-11:45 a.m. PAC

Stretch & Tone

Haven't exercised in a while? Get back into the exercise routine with this gentle exercise and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No class 6/20 or 7/4. Fee: Below. 480-350-5211

35295	50 yrs+	M/W	6/3-7/10	10:30-11:15 a.m.	\$24	PAC
35296	50 yrs+	T/Th	6/4-7/11*	9:15-10 a.m.	\$20	PAC
35297	50 yrs+	M/W	8/5-8/21	10:30-11:15 a.m.	\$12	PAC
35298	50 yrs+	T/Th	8/6-8/22	9:15-10 a.m.	\$12	PAC

Tai Chi / Body Balance Advanced

This exercise class builds on the five movements of the Tai Chi/Body Balance Basic class and adds six new Tai Chi movements. Qigong breathing exercises coordinated to each Tai Chi movement will also be learned. The new arrangement of eleven major movements will be called the Tai Chi Long Form. Major emphasis is on balance and stability, but students will learn basic stretching exercises to improve flexibility and strength. Prerequisite: Tai Chi / Body Balance Basic. Fee: \$35. 480-350-5211 35300 50 yrs+ M 6/3-7/15 11:15 a.m.-12:15 p.m. PAC

Tai Chi / Body Balance Basic

This exercise class uses basic Tai Chi movements and Qigong breathing exercises to gently relax and exercise the body. Major emphasis is on balance and stability, but students will also learn basic stretching exercises to improve flexibility and strength. A basic Tai Chi Short Form that uses five major movements to exercise the body will be learned. Fee: \$35. 480-350-5211 35301 50 yrs+ M 6/3-7/15 12:15-1:15 p.m. PAC

Toners & Shapers

This class is designed to strengthen and tone muscles, and to increase flexibility. Class consists of a warm-up and stretch, strength-training exercise and a cool-down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. *No class 6/21. 480-350-5211 35305 50 yrs+ M/W/F 6/3-7/12* 9:05-10:20 a.m. \$46 PAC 35306 50 yrs+M/W/F 8/5-8/23 9:05-10:20 a.m. \$17 PAC

Zumba for 50+

A fun workout that incorporates unique, Latin dance moves with up-beat Latin music. Zumba maximizes caloric output with fatburning movements and adapts to your ability level with easy-to-follow dance steps so that you can have fun. 480-350-5211 35308 50 yrs+ T 6/4-8/6 11:10 a.m.-12:05 p.m. \$41 PAC 35309 50 yrs+ F 6/7-8/9 10:35-11:30 a.m. \$41 PAC

Social Activities

For additional information on the following Cahill Senior Center special events and menus, please refer to the monthly Roadrunner Chronicle, or call 480-858-2420.

Breakfast & Bunco

Join us for a delicious breakfast and a game of Bunco. Register by the Monday before each date. Fee: \$4 for RTA members; \$5 for non-members. 480-858-2420

35428	50 yrs+	W	6/12	9 a.m.	CSC
35429	50 yrs+	W	7/17	9 a.m.	CSC
35432	50 yrs+	W	8/14	9 a.m.	CSC

Healthy Cooking for Seniors

Join us on the 1st and 3rd Tuesdays of each month for a "hands on" class that will teach you how to prepare healthy meals with minimal ingredients. Samples will be provided. Fee: None. 480-858-2420

35473	50 yrs+	T	6/4	10:30 a.m.	CSC
35474	50 yrs+	T	6/18	6 p.m.	CSC
35480	50 yrs+	T	7/2	10:30 a.m.	CSC
35481	50 yrs+	T	7/16	6 p.m.	CSC
35482	50 yrs+	T	8/6	10:30 a.m.	CSC
35483	50 yrs+	T	8/20	6 p.m.	CSC

Activities for Adults (50+ Years)

Pokeno

Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: \$1. 480-858-2420

35460	50 yrs+	W	6/5	9 a.m.	CSC
35461	50 yrs+	W	7/10	9 a.m.	CSC
35462	50 yrs+	W	8/7	9 a.m.	CSC

Special Event Luncheons

Join us on the last Friday of every month for a home cooked meal, entertainment and good company. Themes for each month will be announced in the Roadrunner Chronicle Newsletter or visit www.tempe.gov/cahill for more information. Fee: \$5 for RTA members; \$6 for non-members. 480-858-2420

35464	50 yrs+	F	6/28	11 a.m.	CSC
35465	50 yrs+	F	7/26	11 a.m.	CSC
35466	50 yrs+	F	8/30	11 a.m.	CSC

Want to keep a good class going? Register early!

Counseling Services



Individual Marital/Couple Child and Family

Social Services Counseling Program Tempe Public Library (2nd Floor) 3500 S. Rural Rd., Tempe, AZ 85282-5405 480-350-5400

Volunteer Opportunities



Volunteer Connections 3500 S. Rural Rd. 480-350-5190 www.tempe.gov/volunteer

Be a part of the team-Volunteer!

Join the ranks of almost 3,000 of your neighbors who volunteer for the City of Tempe. Opportunities exist for young and old, individuals and groups. Volunteers serve in Tempe government programs, events and facilities, and expand and enhance the services the city is able to provide the community. The high quality of life Tempe enjoys is a reflection of the commitment of our volunteers.

Current information is always online at the website or by calling the Volunteer Office at 480-350-5190.

Students—make this your best summer ever— VOLUNTEER!

Put your free time to good use and help your community by being a part of the City of Tempe's summer volunteer team. You'll not only be benefiting your community, you'll be learning, growing and having fun, too!

High school, middle school and college students assist city staff in presenting a variety of programs during June and July. Opportunities exist at the Tempe Public Library, Tempe History Museum, city swimming pools, with children's classes, and more.

Information and applications are available online under "Student Opportunities" on the volunteer website or call the volunteer office at 480-350-5190. Positions can fill quickly, so act NOW.

TCAA Senior Action Program

TCAA Senior Action Program needs YOU for its home-delivered meal program You can help fight hunger and isolation right here in our own Tempe community. Licensed drivers are needed to deliver a hot meal to seniors and shut-ins a minimum of one day per week, Monday through Friday, 9:30 a.m. to 12:30 p.m. Volunteers cover a designated route in their own car and are reimbursed for mileage. To help, contact the Tempe Community Action Agency, at 480-350-6511.